

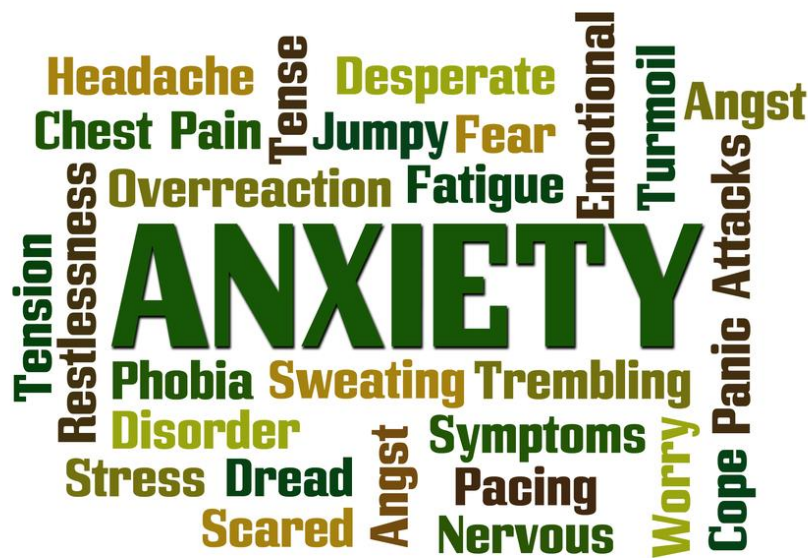
Stress impacts everyone – it's just part of life. So, let's talk about it. And while we're talking about stress, let's also discuss anxiety. Severe or chronic stress has the ability to develop into anxiety.

What's the deal with stress anyway? Believe it or not – It's not all bad. It can actually be helpful. It acts as a warning in troubling situations. Stress can help us avoid taking dangerous risks. It can also provide some motivation to enhance or change our situations for the better. Therefore, some stress is alright. However, when that stress becomes too great and starts impacting your daily life – it can have some negative results like, illness, sadness, fatigue, and potentially anxiety. Stress and anxiety can sometimes contribute to each other creating a vicious cycle.

With long term stress it's important to look at the causes and be familiar with some of the symptoms. Common causes for stress include: relationship trouble, finances, work, school, family responsibilities, and social obligations. Stress symptoms look different for different people – affecting our body, mind, emotions, and behaviors. Please see the image below for examples of what stress can look like.



When stress is no longer manageable and a person isn't able to cope, it may transition into a form of anxiety. Anxiety is like stress times 1000. It's magnified and begins overtaking your thoughts and you're no longer able to control it, or keep it at bay. Please see the image below detailing some common symptoms of anxiety.



The key to dealing with stress and anxiety is effective coping strategies. It's important to look at what is causing the stress – get to the root of it. Make adjustments if possible (boundaries in relationships, create a budget, apply for a new job etc.). Then identify some healthy coping skills that work for you long term. It is also worth mentioning that not all coping skills are healthy. For example, some people may turn to addictive behaviors (drinking alcohol, excessive spending, drugs, or gambling). And while that may temporarily feel better – it can be more damaging in the long run. That is why I stress HEALTHY coping skills.

Here is a list of healthy stress management and coping skills to get you started:

- Physical activity
- Get outside
- Journal
- Listen to music
- Eat well
- Deep breathing
- Meditate
- Laugh
- Meditate
- Yoga

And if you should find that trying to manage stress and anxiety on your own is too much, please reach out for additional help from others. Many people find talk therapy effective in dealing with stress and anxiety. You may also want to speak with your physician to determine if medication is right for you. There is no shame in seeking extra support! You and your health are worth it.